

**Claims**

**What is claimed is:**

1. A yoga game comprising:  
a playing surface including illustrations of various bodily poses;  
a plurality of cards having top and bottom faces, said top faces including illustrations of various bodily poses; and  
a random selection device including at least one of a plurality of numbers and a plurality of actions.
2. The yoga game of claim 1, wherein the playing surface is a mat.
3. The yoga game of claim 2, wherein the mat includes a plurality of spaces that include an illustration of a bodily pose.
4. The yoga game of claim 3, wherein each of the plurality of spaces also includes a title of the pose.
5. The yoga game of claim 3, wherein each of the spaces includes a different pose.
6. The yoga game of claim 3, wherein the spaces are positioned around a non-printed portion of the mat reserved for practicing the illustrated poses.
7. The yoga game of claim 1, wherein the top faces include an illustration of a single bodily pose.
8. The yoga game of claim 1, wherein the top faces also include a title of the illustrated bodily pose or a description on how to execute the illustrated bodily pose.

9. The yoga game of claim 1, wherein the illustrations on the plurality of cards correspond to the illustrations on the playing surface.
10. The yoga game of claim 1, wherein the random selection device is an action spinner.
11. The yoga game of claim 1, wherein the random selection device actions include one of “smile”, “eyes closed”, “moving”, “five breaths”, “eyes open”, and “still”.
12. The yoga game of claim 1, further including a carrier.
13. The yoga game of claim 12, wherein the carrier is adapted to store the various components of the yoga game and includes a strap for carrying the carrier and the components of the yoga game.
14. A yoga game comprising:
  - a playing surface including a plurality of spaces having illustrations of various bodily poses; and
  - a plurality of cards including illustrations of various bodily poses, at least a portion of the cards including illustrations corresponding to the illustrations on the playing surface.
15. A method of playing a game comprising:
  - obtaining a playing surface having multiple spaces with illustrations of various bodily poses;
  - obtaining a plurality of cards with illustrations of various bodily poses;
  - selecting a predetermined number of cards;
  - mimicking an illustration on one of the selected cards; and
  - mimicking the same illustration on the selected card without looking at the selected card.

16. A method of playing a game, as in claim 15, further including:  
obtaining a random selection device having a plurality of actions;  
activating the random selection device to determine one of the plurality of actions; and  
performing the selected action while mimicking the illustration of the selected card.
17. A method of playing a game, as in claim 15, further including repeating each of said steps for subsequent players.
18. A method of playing a game comprising:  
obtaining a playing surface having multiple spaces with illustrations of various bodily poses;  
obtaining a plurality of cards with illustrations of various bodily poses;  
selecting a leader from a group of participants;  
selecting one of the plurality of cards and having the leader mimic the illustration on the selected card on the playing surface; and  
authorizing all of the participants to mimic the illustration on the depicted card in response to the leader's performance.
19. A method of playing a game, as in claim 18, further including repeating each of said steps for subsequent leaders.
20. A method of playing a game comprising:  
obtaining a playing surface having multiple spaces with illustrations of various bodily poses;  
obtaining a random selection device having a plurality of numbers and corresponding actions;

activating the random selection device to determine one of the plurality of numbers and corresponding actions;

mimicking one of the illustrations on the playing surface while also performing the determined action; and

moving a game piece about the spaces of the playing surface corresponding to the determined number.

21. A method of playing a game, as in claim 20, further including repeating each of said steps for subsequent players.

22. A method of playing a game comprising:  
obtaining a plurality of cards each having illustrations of various bodily poses;

selecting a predetermined number of the cards;

mimicking the illustrations of each of the selected cards;

memorizing the illustrations of each selected card;

mimicking the memorized illustrations of each of the selected cards;

retaining the selected cards for mimicked memorized illustrations that were correctly performed; and

returning the selected cards for mimicked memorized illustrations that were incorrectly performed.

23. A method of playing a game, as in claim 22, further including repeating each of said steps for subsequent players.